## **Louisville Recreation Center Aquatics Program Pool**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
LANES	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	LANES
5:45 AM								5:45 AM
6:00 AM	LADCVAUNA							6:00 AM
	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM			
7:00 AM			WATER MAT					7:00 AM
	LAP SWIM	LAP SWIM	YOGA	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	
			7:00-8:00am					
8:00 AM								8:00 AM
	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		LAP SWIM	LAP SWIM	
9:00 AM								9:00 AM
3.00 AIVI	LAP SWIM				OPEN	LAP SWIM		3.00 AIVI
	LAP SVIIVI	LAP SWIM	LAP SWIM	LAP SWIM	SWIM		LAP SWIM	
10:00 AM								10:00 AM
		LAP SWIM	LAP SWIM	LAP SWIM			LAP SWIM	
	LAP SWIM	LAP SWIIVI	LAP SWIM	LAP SWIIVI	AQUA		LAP SVVIIVI	
11:00AM			Adv.		Vitality			11:00 AM
	1.45.634444	FLUID RUNNING	Flu.	FLUID	10:30-11:30			
	LAP SWIM	11:00-12:00	Run	RUNNING 11:00-12:00				
12:00 PM					0.550			12:00 PM
	DEEP		DEEP		DEEP			
	AEROBICS	WATER MAT	AEROBICS	WATER MAT	AEROBICS			
1:00 PM		YOGA		YOGA				1:00 PM
		12:15-1:15pm		12:15-1:15 pm		L	L	
						A P	A P	
2:00 PM	OPEN		OPEN	OPEN	00511	ODEN 6	00511	2:00 PM
	SWIM	OPEN	SWIM	SWIM	OPEN SWIM	OPEN S SWIM W	OPEN S SWIM W	
	SWIIVI	SWIM	34444	3001101	SVVIIVI	I	I	
3:00 PM						M	M	3:00 PM
4:00 PM								4:00 PM
1.00 1 141								1.001111
	MINI'S		MINI'S		MINI'S	WATER MAT	CARRIA REES	
5:00 PM						YOGA/ FIT	CARDIO DEEP Log Shallow	5:00 PM
		WSI STAFF	CARDI0			4:30-5:30pm	Log Shallow	
		TRAINING	Sha <mark>llow</mark>		TONE & FLEX	Close 5:45	Close 5:45	
6:00 PM	TONE & FLEX		TONE & FLEX		DEEP	C1036 3.43		6:00 PM
	DEEP	5:00-7:30pm	DEEP		Log Shallow		KEY	
	Log Shallow		Log Shallow		Close 6:45	LAP	SWIM	
7:00 PM	VA/ATED NAAT					OPEN	N SWIM	7:00 PM
	WATER MAT YOGA/ FIT		WATER MAT					
	7:15-8:15		YOGA/ FIT 7:15-8:15 pm			cont	act	
8:00 PIVI	OPEN PM	OPEN		OPEN		Kate Me		8:00 PIVI
	SWIM	SWIM	OPEN	SWIM		303.335.4	4927 or	
Q:AA BM			SWIM			katem@louis	svilleco.gov	9:00 PM
9:00 PM	Close 8:45	Close 8:45	Close 8:45	Close 8:45				9.00 PIVI

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